

# HealthyLiving

Cancer Care Centre Inc.  
Quarterly Program and Newsletter

## The light in the COVID-19 tunnel

See page 8

## Online services currently running

See page 10

## How can Ayurveda help our immunity?

See page 12

### The leading provider of supportive cancer care in South Australia, since 1985

Cancer Care Centre Inc is a community based, not-for-profit organisation offering a wide range of complementary care to support cancer patients and their families. Complementary care refers to a variety of holistic health services which enhance wellbeing on physical, emotional, mental and

spiritual levels. Areas specific to cancer care include interpersonal support such as counselling and support groups; stress management approaches such as meditation and massage and nutritional approaches such as diet and nutrients. Research has demonstrated that complementary care improves cancer patients'

wellbeing and may assist them to better tolerate their medical treatment for optimal outcomes. Cancer Care Centre Inc staff consist of a variety of dedicated health care professionals and trained volunteers – many of whom have been affected by cancer in their own lives. We support individuals and families to empower

themselves as they travel the cancer journey. We provide an environment which complements medical treatment as clients work towards wellbeing.

To keep up to date with what's happening at the Centre, visit our website [www.cancercarecentre.org.au](http://www.cancercarecentre.org.au) or follow us on Facebook.

  
**Cancer  
CareCentre**  
*a place of help, hope and understanding*

**Cancer Care Centre Inc**  
76 Edmund Ave,  
Unley SA 5061  
Call (08) 8272 2411  
[cancercarecentre.org.au](http://cancercarecentre.org.au)



## Digital Entertainment Books

Thank you for supporting Cancer Care Centre by purchasing your 2019 Entertainment Book through us. \$1,218 was raised which enables us to continue the important work of supporting people in South Australia living with cancer, their carers and families.

Entertainment books are now 100% Digital and the book is now no longer available. Please support us again this year by purchasing your 2020 membership here:

<https://www.entertainment.com.au/orderbooks/161c980>

Thank you.

## Donations

The Centre would like to thank the following people for their generosity:

|                    |  |   |
|--------------------|--|---|
| Alistair Robertson | Milton Lodge No99 INC                                  | Tim Thomson   |
| Antonietta Caruana | Mycause.com.au   | Lee Hutton  |
| David Baird        | Nastasia Foster  | Kate & Hugh Wallwork                                      |
| Glenda Reynolds    | Pauline Small  | Cathy France  |
| Gwenda James       | Penny Michael  | Kate Chennely   |
| Helen G Irving     | Peter Nicoll   | A Winter  |
| Jill Wheeler       | Pia Drew   | Elizabeth Close   |
| Joan Nemeth        | Rosalie Kathigitis                                     | Tony & Edna Revira  |
| Joanna Mansueto    | SA Power Networks Employee Foundation                  | David MacKenzie   |
| Katharina Brandwyk | Sae Mee Howard   | Sharyn McInnes<br><i>in Loving Memory of Tony Hamdorf</i> |
| Keith Mau          | Sam Thomas   | Carlo Costanzo  |
| Kristina Spencer   | Yvonne Caddy<br><i>in Loving Memory of Kim Thomson</i> |   |
| Linda Halse        |  |   |
| Malcolm Woods      |  |   |
| Marilyn Hopkins    | Paul Turner  |   |



Thank you to our Cancer Care Champions:

Ray & Jocelyn Nicholson

Alex May

Malcolm Potticary

*Donations made after 28th February 2020 will appear in the next edition of Healthy Living.*

## Like us on Facebook and follow us on Twitter



Remember to like Cancer Care Centre on Facebook and spread the word to friends.



@CANCER\_CARE

Note: The Cancer Care Centre is a support and resource organisation and provides information of a general nature. It does not recommend any specific treatments.

# Help support the centre, become a member today!

Cancer Care Centre membership is provided for both those who wish to support the centre financially and those affected by cancer. This includes cancer patients, their families and carers or anyone wishing to enhance their wellbeing.

Membership to the Centre enables you to enjoy the full benefits of all the programmes, courses and therapies that are available. To get you started, one free counselling session and one free therapy of your choice, such as massage, is made available for you to experience some of our Complementary Care options.

Membership entitles you to use our extensive library, and discounts on various events and products. As a not-for-profit organisation, our fees are maintained at concession rates to allow equitable access to services by all.

## Membership Form

|                                    |            |
|------------------------------------|------------|
| Title                              | First Name |
| Surname                            |            |
| Address                            |            |
| Email                              |            |
| Mobile                             |            |
| Organisation                       |            |
| Next of Kin Relationship           |            |
| How did you hear about the Centre? |            |

### Applicant Category

☐ Cancer Patient Family Member ☐ Support Person ☐ Other

### Membership Fee

☐ Standard \$80 ☐ Concession (requires Concession Card Number) \$60 ☐ Organisation \$100

### Total Amount

|                      |  |
|----------------------|--|
| My Membership Fee \$ |  |
| Optional Donation \$ |  |
| Total Amount \$      |  |

### Payment Options

☐ Credit Card ☐ Visa ☐ Mastercard

|              |             |
|--------------|-------------|
| Card Number  | Expiry Date |
| Name on Card |             |
| Signature    |             |

- ☐ **Cheque / Money order payable to Cancer Care Centre:**  
Posted to: Centre Coordinator, Cancer Care Centre  
Reply Paid 83842, 76 Edmund Ave Unley SA 5061
- ☐ **Direct credit to:** BSB: 105 011 Account number: 075 271 440  
Account name: Cancer Care Centre Inc Reference: Your name
- ☐ **Telephone:** For credit card payment by telephone please ring the Centre Coordinator on (08) 8373 1470 Monday–Friday, 10.00am–4.00pm



## Please give generously

### What your donation will do for Cancer Care Centre and its clients:

#### With a fully tax deductible donation of:

- \$100** help purchase books for the library collection
- \$200** help purchase organic ingredients for our vegetarian cooking course
- \$300** help subsidize the cost of 'Journey to Wellness' course
- \$600** help mail out an edition of Healthy Living

These are just a few of the costs that can be covered by a fully tax deductible donation.

### You can make your contribution by:

- becoming a Cancer Care Champion
- donation – by completing the 'cut out' slip on the next page and post-marking the envelope 'reply paid' (donations are 100% tax deductible)
- bequest – by contacting the Centre Coordinator for details
- in memoriam donation – by naming the Cancer Care Centre.

Your gift to the Cancer Care Centre will assist the support and care of cancer sufferers and their carers.

Thank you for supporting the Cancer Care Centre.





## Tax Deductible Gift

Title \_\_\_\_\_

First name \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_

Postcode \_\_\_\_\_

Email \_\_\_\_\_

### I wish my gift to be:

- ☐ anonymous
- ☐ publicly acknowledged  
(name only is published)

### I would like to donate \$ \_\_\_\_\_ by \_\_\_\_\_

- ☐ Credit Card
- ☐ Visa ☐ Mastercard

Card number \_\_\_\_\_

Expiry date \_\_\_\_\_

Name on card \_\_\_\_\_

Signature \_\_\_\_\_

### ☐ Cheque / Money order payable to:

Cancer Care Centre and posted to:  
Centre Coordinator  
Cancer Care Centre  
Reply Paid 83842  
76 Edmund Ave Unley SA 5061

### ☐ Direct credit to:

BSB: 105 011  
Account number: 075 271 440  
Account name: Cancer Care Centre Inc  
Reference: Your name

### ☐ Telephone:

For credit card payment by telephone  
please ring the Centre Coordinator on  
(08) 8373 1470  
Monday – Friday, 10.00am – 4.00pm

**Thank you for your generosity.  
Your support is greatly appreciated.**

ABN 73 640 293 985

## MESSAGE FROM THE CHAIR



**These past few months of worldwide turmoil has reminded me that we are all part of something much bigger.**

We all know Helen Keller's inspirational words that each individual voice from a local community contributes to one very large voice that has the power to stand up, be heard and influence change. I feel proud of the Australian response to this pandemic, that we have listened to our Government advisors and that we will, over the next few months, emerge back into a world that will be forever changed.

The Board is working diligently to ensure that the Centre will weather this pandemic and will re-open its doors to serve our members and community in the upcoming months. I want to acknowledge the hard work that the Cancer Care Centre Coordinator, volunteers, counsellors and support group coordinators have undertaken during this time to ensure that we stay connected through a range of new online programs and services to our members and the broader community. They endeavour each day to improve this connectedness through development of new online programs, support services, telephone Zoom and other digital platforms. You will find the details of what's on offer further in this magazine.

The Centre was featured in a story in February 2020 highlighting Australian charities struggling for funding due to reduced donations as a result of the bushfires. I wish to reassure our members and the general public that the Centre is a financially viable organisation and that we will not be closing our doors in the near or distant future.

As we rapidly move into the change in season and winter approaches, stay safe, take care of yourself and your loved ones. Remember that ongoing care and support of those with cancer has been at the core of the Centre's work for over 30 years and you are encouraged to seek our help and support, as and when needed.

Cheers

**Susan Ross**  
**Chair, Cancer Care Centre Board**

## MESSAGE FROM THE MANAGER



Our magazine was poised and ready for the printer, but unfortunately with current circumstances we realised the content would no longer be relevant.

Lockdown restrictions across the country has halted life as we know it and set us on a different path, with the help of some resident volunteers, Lee Hutton, Lynne Murphy, Truffy Maginnis and Meredith Russell, we have been able to refocus our magazine to closer accommodate our current events.

Lee, a Board Member and Counsellor here at the Centre, has written an article relevant to helping members during this time, you will find this on page 8. Truffy has written an inspiring book review you will find on page 17 and on page 12 Meredith provides us with a wonderful story telling of her recent travels to India following her passion in Ayurveda Cooking.

We have had some large donations come into the Centre over the last few months and would like to say a big thank you to SA Power Networks Employee Foundation who donated \$3,000, and Milton Lodge Inc.

Milton Lodge members Graham Earnshaw, Andrew Solomon and Ray Nicholson met with Board Members Sue Ross, Arthur Galantomos and Therese Covington, where our Chair Sue was presented with a donation of \$3,000. Thank you to Ray Nicholson, previous Chairman of the Centre, for continuing to support us (pictured right).

As a volunteer orientated charity, our volunteers are the foundation of this Centre and I would like to welcome our newest volunteers Eva Tepper, Don Tepper, Roselaine Souza De Almeida, Geraldine Sladden and Silvana Vagnoni to our team. Thank you all for your time, your wonderful skills and your support!

In February this year, the Centre hosted a very successful *Meet the Scientist* event. Professor Simon Barry's presentation introduced us to the science behind Immunotherapy and the current status of CAR-T Immunotherapy. This developing therapy is fast becoming the long hoped for treatment for cancer with minimal side effects and the audience went away with a message of hope. Please see featured in this edition, a review of the presentation along with a good news announcement! See page 7.

Please note the current health issues presented by the Coronavirus have resulted in the organised activities not being able to proceed. We will be rescheduling these activities when current restrictions are lifted. We thank you all for your patience and understanding in this difficult time, more details of planned upcoming events can be seen on page 10. For our latest information regarding the Coronavirus please refer to page 6.

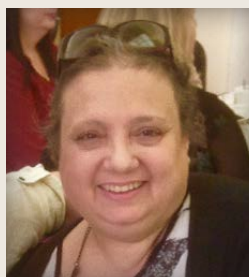
Calandra Scott  
Manager



Pictured from left to right: Arthur Galantomos, Graham Earnshaw, Sue Ross, Andrew Solomon, Ray Nicholson.

## National Volunteer Week Monday 18th May to Sunday 24th May

A big thank you to all our Volunteers for National Volunteer Week! You all care so much for others and may you feel the gratitude in our hearts for all that you do – it's a privilege to work with you all.



This year we are proud to announce Filomena Impagnatiello was successfully nominated for the 2020 Premier's Certificate of Recognition for outstanding volunteer service. Filomena has volunteered her time

and expertise in running the Centre's Facebook page for over two years now. This certificate is a testament to the dedication, commitment and support she provides the Centre for her many hours of service.

# Important information

## Changes to CCC operations due to COVID-19

Cancer Care Centre is closely monitoring the COVID-19 and will be regularly updating all our members and volunteers via various communication channels as the situation and response required changes.

The Cancer Care Centre has been following the State and Federal Government Health Departments regulations in regard to COVID-19 restrictions. Our first priority, as always, is to ensure the safety and wellbeing of all staff, members, volunteers and the wider national community. Based on early recommendations during March the Centre acted quickly to the COVID-19 threat and initially put in place protective guidelines relating to the operations of the Centre and visitor admission to the Centre. However, shortly after and until the present time of writing, the Centre has been closed to visitors with all courses, classes and therapies that cannot be delivered online having been cancelled or postponed until further notice.

**For current operations please check ongoing updates from the CCC via e-news emails or Facebook posts, or call the Centre on 8272 2411.**

In the meantime additional cleaning protocols will continue within the Centre and hand sanitisers (gel type) is available in all, administration areas, toilet facilities, staff amenities, rooms and reception/waiting areas.

### Hygiene Education

Within the Centre, instructions are displayed to demonstrate effective handwashing techniques, minimising personal contact with others, avoiding touching your own mouth, nose and eyes when possible, and the necessity to 'wash, wipe and cover'.

In the foreseeable event of the centre re opening, we ask that all members and volunteers visiting the centre to use these hygiene facilities.

This is an unprecedented occurrence for everyone in the industry, and there are many variables and decisions subject to change as official advice changes. But we will not compromise the health and safety of those in the CCC community.

### Further information

#### What should you do if you or a family member becomes ill?

We ask that members and volunteers remain aware and vigilant of the symptoms of COVID-19, which include fever, cough, sore throat and shortness of breath, and to consult with your GP if you or a family member are displaying any symptoms or are at risk of COVID-19 infection.

If you are feeling unwell and/or displaying possible symptoms of COVID-19, please stay at home until you have been cleared by your GP or health officials.

We request that members and volunteers keep Cancer Care Centre informed in regard to any ongoing health developments which may be of concern.

#### What should members or volunteers do if they have overseas travel plans?

We request that all members and volunteers remain mindful of the ramifications associated with overseas travel at this time, the ever-changing nature of the official Australian Government travel advice (Smart Traveller website), travel restrictions and self-isolation periods that are currently in place. At the time of writing, the current restrictions may mean you being either unable to re-enter the country or being required to enter into a 2 week period of imposed self-isolation upon return.

### Overseas Travel Register

Upon re opening of the Centre, as a precaution, and to enable us to protect our community of the spread of COVID-19 pandemic, we may establish an overseas travel register. This may require any member and volunteer either planning overseas travel or having returned from overseas travel within the past 14 days, to please notify the Cancer Care Centre via email [admin@cancercarecentre.org.au](mailto:admin@cancercarecentre.org.au) in order to keep the Centre informed.

It is recommended you look to the official COVID-19 Australian Government website and helpline for any advice you require. <https://www.health.gov.au/contacts/national-coronavirus-helpline>  
Telephone 1800 020 080.

# Meet The Scientist evening plus an exciting announcement

CCC member, Trudi, attended the evening and provided the following report:



Last night I attended the *Meet the Scientist* presentation at our Cancer Care Centre in Unley. Prof Simon Barry gave us an overview of how our immune system works, then spoke about his lab work on CAR-T therapy. The idea is that some of a cancer patient's T cells are removed, reprogrammed with CAR-T and using a virus, are reintroduced back into the body in large

numbers to attack the cancer cells, acting like a Trojan Horse. We now know that CAR-T therapy can work in humans with blood cancer and so the race is on to get it to work for solid tumours. Labs around the world are working on this and exciting developments are happening here in Adelaide.

We were all amazed by Prof Barry's lab videos – made with expensive equipment. We saw in vitro, first of all, lymphocytes searching, in vain, for pathogens and second, the lymphocytes with their customised CAR-T cells finding and destroying the cancer cells. He then showed similar scenes in a living creature, a sleeping mouse. Absolutely fascinating to watch! When T-cells can recognise the bad guys, they are tenacious! Things ended well in the petri dish, and thankfully, also for the mouse with the CAR-T cells.

Prof Barry presented key scientific concepts in a way that was easy for his non-scientific audience to understand on some of the processes, results and challenges in the lab. We got a sense of the enormity of this endeavour and regardless of their successes so far, the long and costly road to get approval and funding for a clinical trial.

*Meet the Scientist* last night brought me great hope and inspiration for what could be achieved in defeating any number of cancers using this customised method to harness one's natural immune system and potentially without side effects. Research funding is a big deal. Prof Barry spends a big portion of his time applying for grants.

So what can we do to help this dream one day become a reality? We could individually lobby, or we could get together to apply pressure as a group for more government funding, both state and national. We can help raise funds ourselves and we can raise awareness of this very important endeavour happening here in Adelaide.



Professor Simon C Barry, Ph.D  
Head, Molecular Immunology  
Group, Robinson Research  
Institute

Member, RRI Executive

Theme Leader, Healthy  
Adolescents and Children

Co Director, Gene Silencing and  
Expression Facility

Minister for Innovation and Skills, David Pisoni, must have heard Trudi's call for greater financial funding because over Easter he made the following announcement:

## Carina Biotech wins \$750,000 State Government award!

Carina Biotech was one of six Adelaide start-ups to share in more than \$2.75 million through the State Government's Research Commercialisation and Startup Fund (RCSF).

Minister for Innovation and Skills, David Pisoni, announced the funding awards over the Easter long weekend. "While we all come to grips with the impact of the COVID-19 pandemic, it is important that we continue to back startups to ensure they continue to innovate, solve problems and grow," Minister Pisoni said.

Carina will use the money to further develop our CAR-T manufacturing techniques.

Carina Biotech Managing Director Justin, in their recent April e-newsletter writes:

"The adaptability and resilience [in response to COVID-19 considerations] that our research teams have demonstrated over these few very difficult weeks has been nothing short of amazing. Our researchers should be extremely proud of their efforts. Seeing our researchers' dedication to their work under the current conditions makes me feel privileged to be a leader of Carina Biotech."

A huge thank you to our great team – Professor Simon Barry and his colleagues at the Women's & Children's Hospital, Professor Shaun McColl and his colleagues at the University of Adelaide, Professor Martin Oehler and Dr Carmela Ricciardelli and their group at the RAH/ University of Adelaide, and Professor Allison Cowin, Professor Claudine Bonder and Associate Professor Anton Blencowe and their teams at UniSA."

Great news Carina Biotech and all associated scientists!

Keep up the good work. There are many people watching closely for the next immunotherapy breakthrough!



# The light in the COVID-19 tunnel

Living during Coronavirus ...finding ways to approach each day and handle the complexities.

*"In a pandemic, self-isolation is called quarantine. In Buddhism, it is called retreat. From the cave of our home, like the meditators of ancient times, we can consciously kindle the lamp of compassion and connection." ~ Lama Willa Miller*

**Acknowledging the difficulties** COVID-19 has struck us all hard and fast, impacting our lives as we know them both on an external macro-global level as well as in our internal, most private worlds. Especially following the widespread Australian bushfires, it has shocked us and thrust us into a 'survival' mode, some more than others, and often this will depend on your health status, employment, financial circumstances and personal network systems.

It's difficult to respond to these pressures, to adjust the way we live and work, processing the loss of our 2020 expectations without feeling anxious, worried and even distressed at times. It can sit there in the back of our minds and take us by surprise.

Indeed all these uncertainties and fears have potential to retrigger memories of past events, either consciously or subconsciously, when you experienced a serious situation of uncertainty, crisis, loss or lack of control.

The first step toward regaining your sense of calm and control may involve your genuine, non-judgemental appreciation of your (or others) difficulties and noticing the emotions that arise. By acknowledging how we are feeling, we are exercising compassion not just toward others but towards ourselves. Self-compassion is an effective technique to self soothe.

Mindfulness and meditation also invites you to observe your feelings rather than suppress/ push them away or, on the other hand, get caught with the same repetitive thoughts that become amplified as they go around in circles.

A guided session as recommended in the 'Tips for Coping' (reproduced in this edition from our recent Cancer Care Centre e-news), will help you practise how to gently shift your attention from difficult emotions and enable you to engage in an activity or focus that grounds you in the present moment, giving you a sense of release.

Having found some calm, you may then see more clearly an area of your life where you still have control; it may be small but still effective in providing you some pleasure, relaxation and satisfaction. It may be rearranging your personal space at home, choosing new reading material, entertainment or potting some herbs.

You may see an opportunity for some new learning... as simple as a new recipe or exploring a new technology or website.

With our 'normal' being disrupted, perhaps it has not only activated the "pause" button, but provided an opportunity to find an area of your life where you want to press your "re-set" button.

## A helpful perspective

A recent interview with social researcher and author Hugh Mackay, provides a very comforting and enlightening perspective of this pandemic experience. (You can hear this interview by going to the ABC website or App and searching 'Conversations with Richard Fidler and Sarah Kanowski') <https://www.abc.net.au/radio/programs/conversations/hugh-mackay-2020/12116632>

He reminds us that in Australia during the last 100 years there have been comparable events to the current pandemic circumstances, especially the Spanish flu pandemic in 1919. Similar restrictions were imposed and assisted survival rates as they did through polio and other outbreaks. Schools closed and the daily home-schooling lessons for each year level were published in the local Advertiser newspaper!

Hugh gives us the gift of perspective that these events came and went and that this pandemic too is temporary and will pass (although the economic impacts especially will linger). In his research, he found Australians regarded the Great Depression of the 1930s as "life changing" and "the making of me", developing their personal and community values. They discovered "what really mattered to them" and the true sense of "we are all in this together". Hugh highlighted that the pandemic is a perfect example of how interconnected we all are, globally and locally.

But there are many of us who feel more isolated due to the social isolation restrictions, particularly those living alone and with vulnerable health status who must be more vigilant to stay safe. If there was ever a time to reach out for connection or to extend friendship and compassion to your neighbours, strangers, friends and family, it is now. The benefits for everyone, both the giver and the receiver, are palpable.

Have you heard of the "Kindness Pandemic"? This is a great example of Australian communities thriving, not just surviving. I encourage you to visit <https://www.thekindnesspandemic.org/>

It was established on April 14th 2020 by Dr Catherine Barrett, its membership grew to 500,000 in 2 weeks!

## A 'natural' connection

While we can find stability and reassurance from connecting with others, we can also look to nature to be a supportive, reliable, constant, rhythmic presence in our lives. It is easy to become absorbed by the beautiful colours of autumn leaves around us, you might take a photo each day of a tree, leaf, outdoor scene, and track the differences as the season changes.

Another simple way of connecting with nature is to tune our attention to the natural cycles of the day and night the sun rising to support life and setting with a beautiful sunset display. When was the last time you mindfully gazed at the stunning night sky full of stars and the moon? Notice it's a different display every day and night, and feel the connection within your body.

I recommend reading Meredith Russell's article in this edition about the five elements of space, air, fire, water and earth, and the Ayurvedic view of embracing them to maintain balance in our bodies and lives.

The suggestions you see in this edition may sound too insignificant or esoteric to make a difference to your mental and emotional wellbeing, however, subtle as they may be, there is potential to help develop an attitude that Viktor Emil Frankl emphasised. He was an Austrian Neurologist and psychiatrist as well as a Holocaust survivor. He said:

*"When we are no longer able to change a situation, we are challenged to change ourselves."*

*Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.*

*Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."*

Lee Hutton  
Cancer Care Centre Counsellor



# Tips for coping

In these unusual and unique times caused by COVID-19 we can experience difficult feelings including rising anxiety, sadness, fear, frustration and anger. These feelings are perfectly normal and natural but sometimes they can exhaust and overwhelm us, leaving us not knowing how to manage them. This may be especially so for people undergoing cancer or other medical treatment and/or in the process of recovery.

Our counsellors have worked together to compile a list of simple strategies that you can access to help feel more resilient and better able to cope.

Just look through the list and choose the ones that speak to you:

- Take a break from the news and only check quality information sites that you know are up to date with informed information. Good sites are [www.health.gov.au](http://www.health.gov.au) or [ABC News](http://ABC News). You can reassure yourself against misinformation and fake news by checking the RMIT fact check website <https://www.rmit.edu.au/news/all-news/2020/march/corona-check-from-abc-fact-check>
- Think about what you are grateful for, make a list and add to it daily. It can be very simple (i.e. happy pet, pretty garden, sunshine etc). Display your list in a prominent place.
- Think about what you can control to be proactive (i.e. hand washing, social distancing). Remind yourself that you have done everything you can do to protect yourself and tell yourself "What I have is enough".
- Laugh and share laughter through jokes, movies, YouTube and funny books.
- Take a mindful walk in the garden, park or bushland (whichever works best for you) and be present to notice sounds, the birds, autumn leaves crunching under your feet, wind in the trees, or just the luxury of absolute silence. Notice smells of trees, flowers and damp soil. Observe shapes and textures of leaves on the trees. Notice the feeling of the air on your skin. Finally, wrap your arms around a tree and give it a big hug!
- Practise some breath work breathe in through your nose for 4 counts, hold for 4 counts, and breathe out slowly through your mouth for 4 counts. Do 10 cycles three times a day or whenever you are feeling anxious. Simply focussing on your breath will calm your sympathetic nervous system.

- Practise a grounding exercise if you are feeling overwhelmed.  
Close your eyes if you wish.  
Sit in a chair and notice your body against the back of the chair, your arms at the side of your body and push your feet to the ground. Then notice the sounds in your body and the room, a clock ticking, breath movements, people talking in another room. Then notice the sounds outside birds singing, people talking, and passing traffic. When you are ready, turn your attention back to the room and observe 4 things in the room (i.e. clock, paintings, photos) but do not dwell on them, just notice. Then observe your body and how it feels in the chair now and return to the present moment.
- Listen to your favourite music and move to the rhythm of it.
- Yoga, Tai Chi and Meditation all help to relieve stress and anxiety (many of these are online now, and some classes are even on free to air TV channels ).
- Some suggestions for meditation practise are the *Sounds True* website. You can access a free series of daily Mindfulness meditations with Tara Brach and John Kornfield here: <https://www.soundstrue.com/store/mindfulness-daily-3.html>
- Install Apps on your phone such as *Calm*, *Smiling Mind* and *Insight Timer* for guided meditation of many different types and lengths.
- If you are self-isolating and unable to hug others, wrap your arms around yourself and hug as tightly as you can. Feel the love and connection flowing through your body.
- Stay connected with others as much as possible through the telephone, Facetime, Facebook, Messenger, Skype, emails, letter writing etc. Ask family members or friends to help with this process if you are unfamiliar with any of them (you will also feel a sense of achievement with learning a new skill!).
- Make a loose daily schedule that can give your day some structure. Creating a daily rhythm can be reassuring, purposeful and soothing.

- Share what you have found useful with others (i.e. shopping outlets, food deliveries, pharmacy deliveries etc).
- Explore and learn a new activity (e.g. cooking new healthy recipes, juicing, baking, sewing). Consider a creative project and explore new Podcasts (especially those offering perspectives of wisdom).

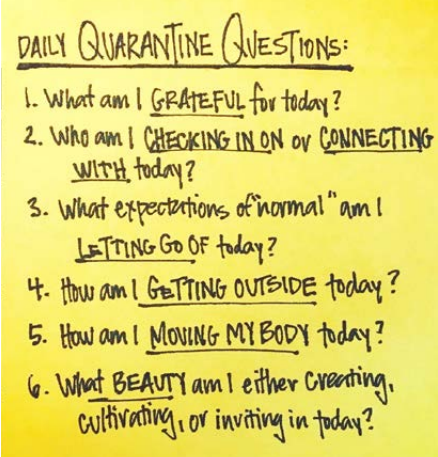
Please remember we are here to talk with you, whatever you may be feeling, and especially if you are feeling overwhelmed and finding it difficult to cope. Please check out our online or telephone counselling service.

Contact Calandra on 8272 2411 for an appointment.

Do not worry if you have never used an online service like this before as Calandra will guide you through a simple process.

Stay Well,

Brooke Anderson



# What's on at the Centre...and online Weekly Programme

We are now offering online counselling and support groups, as well as online courses to assist you whilst maintaining social distancing measures.

## Unsure about using online platforms?

We are here to help, if you have issues with navigating online systems and hand require assistance with setting up before your meeting so you know what to expect, please call Calandra on 8272 2411.

We will continue to develop courses and workshops and when these are available we will let you know.

If you have any ideas or have seen anything that the centre could adopt, we would like to hear from you.

For all bookings and any questions or comments please contact the Centre on 8272 2411.

## Counselling Online

Our online counselling can be easily accessed via any device which has a camera and microphone (mobile phone, iPad, laptop, PC).

We are currently using are Coviur for Counselling. This platforms is free for members to utilise and very simple to activate.

These services are provided at the same fee as face to face delivery and on completion of your appointment you will receive a call from the Centre to organise payment over the phone for your service.

Cost \$20 for Members

## Support Groups Online

Stay Connected! We now have our support groups up and running online via Zoom!

During these times of uncertainty, please know you can still reach out for support.

Cancer support groups are designed to help people cope with all aspects of a cancer diagnosis by providing a safe environment to share experiences and learn from others who are facing similar obstacles.

A support group can help you cope better and feel less isolated as you make connections with others facing similar challenges. A support group shouldn't replace your standard medical care, but it can be a valuable resource to help you cope.

Completely confidential the group is at ease with one another to discuss how the cancer journey is affecting them or their loved ones.

Please contact the Centre to find out more on 8272 2411.

Friendships can form enriching the lives of the participants.

## Online Courses

Resources Required: Participants able to access technology such as Zoom.

Workshop resources supplied by presenter via Zoom and email.

### iRest Meditation

#### Six week online course

What is iRest Meditation? iRest is a simple and accessible form of meditation designed for modern day living. iRest is based on the ancient tradition of Yoga Nidra and adapted by Dr. Richard Miller, a spiritual teacher, author, yogic scholar, researcher and clinical psychologist.

iRest has been shown to be effective for conditions including chronic pain, sleep problems, depression and anxiety, and post-traumatic stress disorder (PTSD).

iRest is simple to learn and easy to practice. It can be practiced by anyone, regardless of physical ability or experience with meditation.

During a six week small group program you will gain a basic understanding of the various elements of the protocol. You will be guided to develop your own safe refuge, learn to identify your intentions and heartfelt desires, develop your own skills in body and breath sensing and learn to welcome all sensations, emotions, beliefs, memories, images and thoughts as messengers with curiosity and openness. Please join me in this journey of self-exploration.

Facilitator: Donna Meyer

Donna Meyer is a level 2 certified iRest Meditation instructor, having trained under Fuyuko Toyota, a student of Dr Richard Miller. Donna is a DRU Yoga teacher and has undertaken extra studies in yoga therapy under Nikola Ellis, Adore Yoga. Donna has been providing one on one yoga therapy sessions for cancer survivors at CancerCare for several years and gains great satisfaction in supporting others to reclaim their power through a simple, personal yoga practice. Donna would like to offer the iRest program to CancerCare as she has found it very beneficial in helping her navigate life's challenges whilst maintaining a sense of wellbeing and peace.

When: Starts 13th May 2020

Time: 2pm to 3.15pm

Where: Online Zoom Meeting – a link will be emailed to you

Cost: Members \$25, Non Members \$100

Booking essential (limited spaces available)

Please phone the Centre on 8272 2411 to register.

## Exercise your lymphatics

### Online course via Zoom

Workshop Objective and outline is to gain an understanding of:

- Anatomy of the Lymphatic system and its functions
- What is lymphoedema
- What are some of the causes of lymphoedema
- What are some of the signs and symptoms of lymphoedema
- Strategies to help prevent lymphoedema developing or manage existing lymphoedema

### Session 1

Three hour theory/information based group presentation/workshop

Gain an understanding of:

- The Anatomy of the Lymphatic System
- What are some of the causes of Lymphoedema
- What are the Signs and Symptoms of Lymphoedema
- The precautions you can take to help reduce the risk of lymphoedema developing or progressing
- Where to obtain information/help

### Session 2

Thirty minute one to one session practical session to

Provide an individualised:

- Self-Massage techniques/sequence
- Decongestive Exercises techniques/sequence
- Recommendations for general exercises

### Session 3

Thirty minute one to one session practical session reviewing:

- Self-Massage techniques/sequence
- Decongestive Exercises techniques/sequence
- Recommendations for general exercises

### Schedule

Three sessions – See below for session outline

Date/s: Session 1 to be decided – proposed May / June 2020

Session 2 and 3 to be arranged with presenter and participant

Cost: Members \$25, Non Members \$100

Facilitator: Richard Roope

Richard Roope is a highly experienced and qualified Remedial Massage and Personal Trainer. He has studied and practised in the United Kingdom and Australia.

# Courses and Workshops

Please ring the Centre on 8272 2411 to book into a workshop or course as bookings are essential. If you have any other workshop ideas please contact the Centre to discuss.

Richard currently owns and practices within his own multi-disciplinary health clinic and teaches remedial massage at TAFESA Adelaide, where he also supervises in the student massage clinic.

He has been the facilitator of the Exercise your lymphatics workshop at the Cancer Care Centre since 2014.

Richard specialises in:

- Oncology Massage
- Lymphatic Massage
- Complex Lymphoedema Management (Casley-Smith Method).
- Richard is a member of the following professional organisations:
  - Australian Traditional Medicine Society (ATMS)
  - Australasian Lymphology Association (ALA) as a Lymphoedema Management Therapist.
  - Oncology Massage Training & Breast Cancer Network of Australia (BCNA) as a recognised Oncology Massage Therapist
  - Fitness Australia

## Yoga – 'Gentle Yoga'

It's safe, relaxing and easy to do from your own home. Offering gentle stretching, breath exercises, relaxation and meditation to support the healing journey.

8-week course with no prerequisites

Facilitator: Tina Spencer

Next online course commences:

May 13th to 1st July 2.30pm – 3.45pm

Cost: Members \$30, Non Members \$100

Please phone the Centre on 8272 2411 to book.

The following Course and Workshop are postponed until recent restrictions can be lifted. Please register your interest by contacting the Centre on 8272 2411 and we will inform you when future dates and times can be made.

## Art Therapy Workshop

Facilitator: Angela Kirby

Date and time: To be confirmed

Cost: Members \$10, Non Members \$30

Bookings Essential

Please phone the Centre on 8272 2411 to register your interest.

## One-on-One Yoga

Facilitator: Donna Myer

Date and time: to be confirmed

Cost: Members \$10/session or \$25 for 3

Bookings Essential

Please phone the Centre on 8272 2411 to register your interest.

## Seeds for Health – Organic Gardening Workshop

Facilitator: Di Bickford

Four week course

Date and time: to be confirmed

Location: Fern Ave Community Garden & Cherington Therapeutic Community Garden

Cost: Members \$55, Non Members \$80

Bookings Essential

Please phone the Centre on 8272 2411 to register your interest.

## Life with Full Attention

8-week course

Facilitator: Dharmamodini

Thursday Evenings

Date and time: to be confirmed

Cost: Members \$95, Non Members \$120

Bookings Essential

Please phone the Centre on 8272 2411 to register your interest.

## Ayurveda Cooking Workshop

Facilitator: Meredith Russell

Date and time: to be confirmed

Lunch Included

Cost: Members \$70, Non Members \$130

Bookings Essential

Please phone the Centre on 8272 2411 to register your interest.

Any other workshop ideas please contact the Centre to discuss.

## Attention

All group workshops and courses listed in this issue are subject to any changes made to CCC operational procedures due to Coronavirus protective protocol. See page 6. Please check closer to the scheduled times, and read ongoing updates from CCC via e-news emails or Facebook posts, or call the Centre on 8272 2411.

*With the exception of Wednesday morning meditation, you are advised to contact the Centre on 8272 2411 to confirm course commencement dates and times, and to make bookings for all courses listed.*





## How can Ayurveda help our immunity?

Ayurveda becomes more and more relevant in our life as we stop and contemplate the effects that the COVID-19 is having on us as individuals and the world.

We realise the importance of immunity, and balance, which is the underlying basic concept of Ayurveda and the relationship we have with our world. Ayurveda is about following your inner nature, in balance with the outer world through the Five Great Elements, so that you can blossom holistically, and it sets clear guidelines for diets, habits and lifestyle.

As an Ayurvedic Practitioner with a Yoga and Art background, I believe in a holistic, nurturing approach to healing by nourishing every aspect of the whole self, including diet, lifestyle, nutrition, yoga, meditation, visualisation and creativity to suit individual needs. I believe that Ayurveda allows people to be personally responsible for their health and wellbeing, opening the door to wellness, creativity and balanced lifestyle by using a full range of healing modalities in one complete, integrated system. This involves an individual health assessment and advice, education and guidance on nutrition and lifestyle. In this way Ayurveda can be life changing and transformative and has a lasting effect on body, mind and spirit, allowing each individual to live to their full potential. I love to run workshops in Ayurvedic cooking and all the different aspects of Ayurveda, embracing food as medicine, specific kitchen medicines for ailments, medicinal properties of herbs and spices, marma point massage, detoxing Ayurveda style and Ayurvedic concept of beauty.

I have recently returned from a trip to Kerala in South India, often referred to as the 'Home of Ayurveda', where I was resident at two Ayurveda Hospitals to experience and study first-hand, more about Ayurveda. At the Pranaadha Ayurveda Hospital I learnt different Panchakarma techniques, including massage styles and the use of oils, prescribing of medicines, and special Panchakarma foods. We had many enriching experiences at the local Temples, and learnt to prepare the local Kerala-style food. People in Kerala are so open-hearted, joyous and happy and wanting to share, so we made friends with so many locals and felt enriched by just being there.

The Ashtangam Ayurveda Hospital and College was higher up in the hills of Kerala and quite remote with little local chai-stop villages, rice-fields, and Jungle where a lot of the Ayurveda plants flourish. It was so amazing to see a Hospital in beautiful surroundings with smiling healthy doctors, good food, tailor-made treatments, yoga and lifestyle, a herb and medicine-making area, re-cycle policies and solar power and a wealth of knowledge and devotion to Ayurveda. We attended specially provided lectures and workshops, including techniques of Panchakarma, medicine plant growing, preparation, and production, from raw materials to enormous vats bubbling with concoctions of plants and herbs over wood fires, to the final bottled preparation. What a rich and humbling experience, everyone was so generous and embodying true Ayurveda qualities.

I feel this has enlivened my Ayurveda practice and knowledge and given me a deeper understanding of Ayurveda that I can share with others, and has also encouraged my appetite to learn more about Ayurveda.





Bubbling vat of medicinal oils.



In Ayurveda the eco-system is based on the Five Great Elements, the primordial constituents of the world: Space (or ether), Air, Fire, Water and Earth and these elements are in us, and in the world around us. The five elements make up the natural world, our body and our mind, the three constitutional doshas, Vata, Pitta and Kapha and determine the taste and energetic properties of herbs and foods in Ayurveda.

**Space** or Ether as it is also called, is the principle of all-pervading Space. It is the space in which all life takes place, the space in our minds, our lungs, intestines, in between cells and in cells, and within atoms. We can look at our own personal space, the space in our mind, and we can create sacred space which cultivates prana (life-force) through practices of Yoga and Ayurveda to bring immunity, health and vitality into our life.



Here is the Vaidya (Ayurvedic doctor) preparing a ritual puja for us as students.

**Air** is the principle of motion, and is contained within Space, it is the potential for movement and change. Air enables us to experience touch, often an expression of love and well-being. Every signal in the Universe, sound, touch, light, warmth, taste and smell is carried by the Air element. Air is wind, light, mobile, clear, rough, dry and erratic.

**Fire** is the principle of illumination. Air creates the element of fire as it causes combustion from friction created by movement through Space. Fire burns brightly, it is the sun and our own digestive fire, which transforms solid matter to liquids and then gas, and transforms cold to hot, raw to cooked, ice to water, and evaporation.

**Water** is created when Fire liquefies certain substances, as a by-product when they cool and condense. Water is like the glue of life in that it holds everything together, a cake would just be dry ingredients without liquid to bind it together, cement and sand form nothing without it. Water's fluid cohesiveness brings everything it touches to a fluid whole. It is responsible for the quality of friendship and love. Water is essential for life, it lubricates our mucous membranes, fills our cells and creates a continuous sequence throughout our body. There is water, rain, rivers, the sea and the Earth's surface is predominantly water, and plants and humans consist of around 60 percent water. It relates to the sense of taste and allows us to experience the flavour of the world.

**Earth** is the principle of stability. Earth gives structure to matter, so there are defined objects and boundaries, form and shape, muscles and bones are high in the Earth element, giving strength and structure. It is the sense of smell. We grow our food in the Earth, with Water to nourish, Fire to promote growth in the form of sunlight, the movement of the Air in day and night and seasons, in Space. We often need to be grounded in our erratic, competitive, busy lives, through Yoga, gardening and walking on the earth in nature.





Walking through the rice paddies near the hospital.

Ayurveda utilizes the Five Elements in every area of life to create Immunity, balance, health and vitality. The daily routine shows us how to live our life in harmony with the Five Elements. If digestive fire is functioning well, then we are able to digest and assimilate the nutrients in our food, we don't accumulate toxins and we are able to build immunity. Digestion also includes digesting emotions. Eating warm, cooked, moist, fresh food in season and preferably grown organically and locally. Immunity/Ojas is also built through acts of love and kindness, volunteer work, appreciation and devotion.

### Suggested Basic Daily Routine

- Wake early (before 7am), wash your face, clean your teeth and scrape your tongue.
- Drink warm water in the morning before breakfast to clean and prepare digestive tract (1 tsp grated fresh ginger in boiling water with a squeeze of lemon and a little honey).
- Or ¼ tspn turmeric, 1 tspn ginger juice, 1 teaspoon aloe vera juice, 1 tspn honey in warm water. Regarded as a liver tonic, this cleanses system and re-hydrates)
- Do some gentle exercise and a period of meditation. This can be yoga or tai chi etc.
- Do self-massage with warm oil
- Take a warm shower and avoid getting really hot water on your head, as it overheats the brain.
- Enjoy your breakfast with gratitude.
- Stop regularly during the day to smile and breathe into your belly.
- Enjoy a relaxing lunch. This should be the main meal of the day, food digests more readily at this time of day.
- After work, get changed into different clothes and do something to change your pace – go for a walk, a swim, put on some music or do a few stretches.
- Enjoy cooking and eating a light evening meal. With mindfulness
- After evening meal slow down and relax. Avoid stimulating activity such as office work, time on the computer or excess TV (especially violence or distressing visuals).
- Before bed, meditate, gentle breathing or simply massage your feet and try to let go of any tension you feel in your body from the activities of the day.





The local Vaidya (Ayurvedic doctor) and Priest.



Meredith Russell is a registered Ayurvedic Practitioner, with a Cert. IV in Ayurvedic Lifestyle Consultation and Advanced Diploma of Ayurveda. She is a registered Yoga Teacher (Diploma of Yoga Teaching Y.T.I.S.A.) and Yoga Teaching Certification from Adelaide Ashtanga Yoga Shala, with over 30 years of experience as a yoga practitioner incorporating healthy lifestyle advice to restore health and wellbeing. Meredith's academic background is in Creative Arts and Community Education, (including M.A. in V.A), and she passionately combines the richness of these experiences in her Ayurvedic consultations.

## Recipe for lunch, dinner or detox, kitchari

### Ingredients

1 tsp ghee

1 tsp turmeric

1/8 tsp asafoetida/hing (Asafoetida or hing is a powdered resin used instead of garlic or onion and has digestive properties). It is available from Indian grocers or Ayurvedic suppliers such as Darlin' Dahl)

6 curry leaves

1 tsp ground cumin

1/4 tsp ajwain seeds (These are like a wild celery seed (Bishop's weed) and are used for low digestive fire, indigestion, flatulence and the nervous system) Readily available from Indian grocers or Ayurvedic suppliers.

1/2 – 1 tsp Himalayan rock salt

1/2 cup basmati rice and 1/2 cup split moong dahl

### Method

Rinse rice and dahl 3–4 times until water runs clear. Add 4–5 cups of boiled water. Add ghee, spices and salt, bring to boil, turn to low for 15 mins. Add more hot water if dry. Simmer on low until dahl is a smooth, porridge mixture. Can add a squeeze of lemon and a small pinch of salt. Cooked, lightly spiced vegetables or 'subji' is excellent on the side.

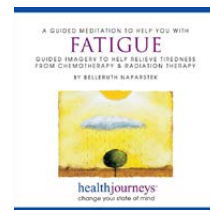
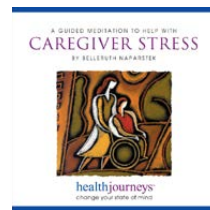
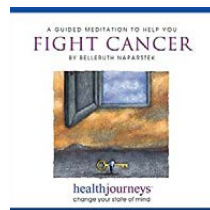
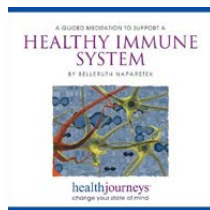
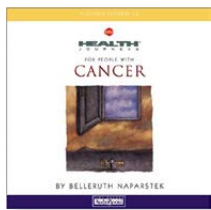
In the future Meredith will be at the Cancer Care Centre doing a one day workshop including lunch.

Date and time: to be confirmed due to COVID-19.

Cost: Members \$70, Non-Members \$120

Please phone the Centre on 8272 2411 to register your interest.

# New Meditation Cds in the Library



Helleruth Naparstek has a large number of CDs dedicated towards Cancer to assist with the healing process and they are now available from the Library and the Cancer Care Centre.

## About the Author

Belleruth Naparstek, LISW, BCD Psychotherapist, author and guided imagery pioneer is the creator of the popular *Health Journeys* guided imagery audio series.

Her first book, *Staying Well with Guided Imagery* (Warner) is a widely used primer on imagery and healing. Her second book, *Your Sixth Sense* (Harper Collins) has been translated into 9 languages and called one of the most thoughtful and sophisticated looks at imagery and intuition.

Her latest book on imagery and posttraumatic stress, *Invisible Heroes: Survivors of Trauma and How They Heal* (Bantam Dell), won the Spirituality & Health Top 50 Books Award and was released in paperback January of 2006. Highlighted in the 20th anniversary edition of their seminal book, *Courage to Heal*, Ellen Bass and Laura Davis call *Invisible Heroes*, the most useful book for trauma survivors to be published in the last decade. As Prevention Magazine noted, she has been quietly creating an underground revolution among mainstream health and mental health bureaucracies, by persuading major institutions such as the U.S. Veterans Administration, the U.S. Dept of Defense, Kaiser Permanente, Blue Shield of California, United Health Care, Oxford Health Plan, scores of pharmas and nearly 2000 hospitals and recovery centers to distribute her guided imagery recordings, in many instances free of charge to recipients. Recently she has been developing military-friendly resources with the help of the U.S. Army and the Ft. Sill Resiliency Center, and DCoE (Defense Centers of Excellence) has declared guided imagery one of their Twelve Promising Practices.

Her audio programs have been involved in over two dozen clinical trials, with nearly a dozen studies completed to date. Efficacy has been established for several psychological and medical challenges, most recently for military sexual trauma and combat stress at Duke University Medical Center/Durham Veterans Administration Hospital. Naparstek received both undergraduate and graduate degrees from the University of Chicago. She maintained her psychotherapy practice for over 30 years and for several years taught graduate students at The Mandel School of Applied Social Sciences, Case Western Reserve University. Earlier in her career, she supervised psychiatry residents at Cambridge Hospital/Harvard Medical School and was Chief of Consultation & Education at the Woodburn Center for Community Mental Health in Fairfax County, VA. She also did a brief stint as a musical comedy actress at Second City and The Tip Top Tap of the Allerton Hotel in Chicago, and says that her musical comedy skills sometimes come in handy for teaching.

## For People with Cancer Meditation

A guided meditation to help you fight cancer. Imagery and affirmations to help the body mobilize a strong immune response.

## Healthy Immune System Meditation

This imagery is designed for general immune system strengthening and balancing. It is written to support the strong but discriminating action from protector cells in the body; to encourage appropriate action from suppressor cells; and promote the defense system's ability to differentiate between compromised and healthy cells. Additional imagery encourages appreciation and gratitude for the body's exquisitely orchestrated, non-stop system of protection. With affirmations. *Running time 35 min.*

## Fight Cancer Meditation

This immersive, hypnotic guided cancer meditation offers 41 relaxing, inspiring minutes of guided imagery and affirmations designed to help the body mobilize a strong immune response to fight cancer naturally, alongside the therapies provided by the more conventional treatments of chemotherapy, radiotherapy and surgery. *Running time 41 min.*

## Caregiver Stress Meditation

Belleruth Naparstek wrote this imagery to remind the caregiver – whether this be a family member or a professional provider – of their own strength, goodness, tenacity and resourcefulness. The imagery affirms the generational values being carried forward. It notes the invisible forces of love and support surrounding the listener. And it underlines the need for self-care, self-consideration. It is of course also designed to provide relaxation and balance; sustain motivation; reduce isolation; acknowledge the difficulties without sugar-coating them; help release any accrued resentment; and restore hope for the future. With affirmations. *Running time 45 min.*

## Fatigue from Chemo and Radiation Therapy Guided Meditation

This calming, hypnotic meditation for chemotherapy fatigue consists of guided imagery and affirmations that are designed to reduce the discomforts of chemotherapy and the side effects of radiation treatment. Regular listening to this meditation for fatigue helps to lessen nausea, anxiety, soreness, discouragement and tiredness, while calming and uplifting the listener in a natural, holistic way. *Running time 40 min.*

## Radiation Therapy Meditation

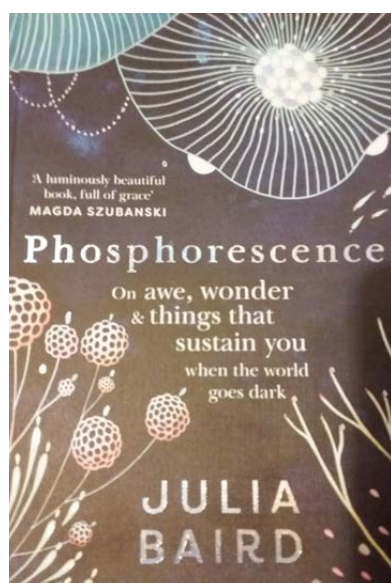
This guided meditation for radiation therapy is designed to ease treatment side effects and symptoms, such as fatigue, burns, soreness and other discomforts, while at the same time reducing anxiety and encouraging a positive attitude toward healing. *Running time 32 min.*

# Book review

## Phosphorescence; On awe, wonder & things that sustain you when the world goes dark

by Julia Baird.

Published by Forth Estate 2020.



Julia Baird is an award-winning Australian journalist and author, most familiar to me through her excellent facilitations of *The Drum* panel discussions on the ABC. Her biography of Queen Victoria was one of The New York Times top 10 books of 2016.

What I didn't know about her was that she has experienced 3 major surgeries for advanced and recurring appendiceal cancer and been close to death each time. This book, *Phosphorescence*, is a series of essays and reflections spurred by her experiences of the cancer and the life she has lived so far. The coincidence of its publication during this time of living through a pandemic makes it particularly relevant as we strive to hold on to hope.

It is a beautiful book, both aesthetically, the cover design by Hazel Lam and Yellana James captures an undersea calm, and in Julia Baird's writing. She describes phosphorescence as the light that shines from within us, where people shine and survive through the hardest of times. She describes 3 simple, powerful lessons she has come to come to understand:

*"First, pay attention.*

*Second, do not underestimate the soothing power of the ordinary.*

*Third, seek awe, and nature, daily.*

*Fourth....show kindness, practise grace, eschew vanity, be bold, embrace friends, family, faith and doubt, imperfection and mess; and live deliberately".*

The essays in the book explore examples of these principles from her own and other people's lives. Written in a way that isn't superior or smug. It's not a self-help book or even a memoir but more her personal examination of how our relationships with humans and nature allow to us understand how life works and how we bond together helpfully to make sense of it all.

What I particularly liked about her approach was an equanimity in her language, no high-flown rhetoric, but paragraphs that stopped me in my reading flow to absorb and think of what that idea might mean in my life. She provides the research behind her ideas but not to overwhelm the vignettes that illustrate the ideas.

*Phosphorescence* is a gift of a book, intelligent and insightful. I'm more often a quick reader but this was one of those books that had me slowing down, savouring and appreciating Julia Baird's way with words. They helped me coalesce my thoughts more clearly and hold on to hope.

Truffy Maginnis,  
CCC Volunteer





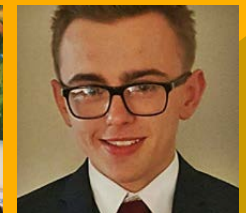
## **National Volunteer Week**

Across the page you will see the faces of some pretty amazing people.

We are very lucky here at the Cancer Care Centre to have a wonderful group of dedicated, kind, welcoming and caring people who give their time and expertise to the Centre and its members.

We would not be here without them all!

This National Volunteer Week we say a big massive thank you to all our volunteers!





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Proud supporters of the **Cancer Care Centre**

# MIND . BODY . SOUL

Through various forms of gentle yoga, restorative yoga, yoga nidra, meditation and pranayama (breathing) we seek to achieve physical, mental and emotional relaxation in times of stress and healing.

Join Cherie Gauci, of Grassroots Wellness, for private one-on-one sessions tailored to your specific needs and level of health.

### Yoga

- Hatha Yoga
- Restorative Yoga

### Meditation

- Japa & chant meditation
- Deep peace relaxation
- Yoga Nidra

### Pranayama

- Breathing for anxiety & stress

**FREE**  
Complementary 30  
minute session\*



\* Cancer Care Centre members only

### Contact:

Cherie Gauci  
Grassroots Wellness  
P: 0402 32 1175



W: grassrootswellness.com.au E: cherie@grassrootswellness.com.au

## Springwood Studio

Yoga ~ Art ~ Wellbeing



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Many nutritionists recommend juicing to boost your overall health. Visit [www.organicbox.com.au](http://www.organicbox.com.au) for a range of delicious recipes for meals and juices using our organic ingredients.

\*Offer available for Cancer Care Council clients only.



Fresh, healthy and delicious organic produce, meat, dairy groceries and toiletries delivered from our farm to your door!



**5% DISCOUNT\***  
Enter code: CCCJUICE at checkout



## Been diagnosed with cancer?

Start your journey with a free Pathways appointment.



Pathways is a free service offered by the Cancer Care Centre to people with cancer.

In a caring and supportive environment, one of our Support Workers will meet with you and listen to your story.

Telling your story is an opportunity to spend time with someone who cares, in a private, quiet environment to explore and prioritize goals, needs, and devise a healing plan appropriate to you and your personal cancer journey.

A Pathways appointment is also available to carers of someone with cancer. The Support Worker will explore how you can be of support to that person, while at the same time taking care of yourself.

The Support Worker will link you to services that will help assist you – either within the Cancer Care Centre or with other community organisations.

A Pathways appointment is of one-hour duration and is your first step in complementary care for your cancer journey.

*The Cancer Care Centre... empowering individuals and families as they travel the cancer journey.*